

Imagine a place where you can find answers and support for all of your health needs. myRegence.com is your complete source of health and wellness information. And it's simple to understand. So whether you want to get started on an exercise program, need tips on eating healthier, or just want to know if we've paid your claim, visit myRegence.com today.



Advise

Consider health care decisions, explore treatment options and plan ahead for financial needs.

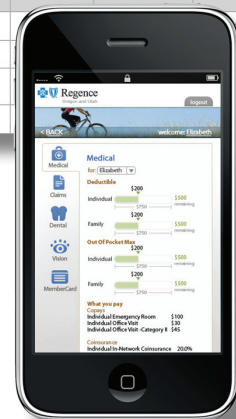
- **Compare** cost and quality of hospitals, clinics and providers.
- **Research** treatment options and out-of-pocket cost estimates.
- **Learn** about medical conditions, medications and cost-saving generics.
- **Explore** and enjoy health articles, videos and podcasts.

Navigate

Discover tools that help you track your your coverage and make informed decisions about your health care.

- **Review** details about your coverage.
- **Manage** your claims online and eliminate paper Explanation of Benefits.
- **Find** a doctor or specialist and read patient reviews—online or on your mobile device.
- **Create** a secure, confidential Personal Health Record.
- **Discuss** a variety of important health and wellness topics on My Community, a nationwide social networking site.

Recent Claims						Download All Claims	Download Selected Claims
Date of Service	Member	Provider	Claim Status	Charge	Member Responsibility	Review your visit	Check All
04/27/2012	LUIS	PARENT, JR, JOSEPH A.	In Process			Review your visit	<input type="checkbox"/>
04/23/2012	SANTIAGO	ROYSE, MICHAEL C.	Completed			Review your visit	<input type="checkbox"/>
04/11/2012	MIRA	DEENADAYALU, AISHWARYA B.	Completed			Review your visit	<input type="checkbox"/>
04/02/2012	LUIS	PARENT, JR, JOSEPH A.	Completed			Review your visit	<input type="checkbox"/>



Rewards

Lifetime points:	187,350 points	View Your Redeemed QR Codes
myRegence.com points:	187,350 points	Earn a new gift certificate at 210,000 points

Healthy living is everyone's goal

Rewards News

- Earn Rewards for Healthy Activities
- A Whole Year of Good Health
- Estimate Your Treatment Costs
- Owning Your Health Records
- Love Your Doctor? Post a Review!

My Monthly Activities

Compare me to Others

Reward

Healthy living has its own rewards, but Regence Rewards points can help.

- **Earn** points for browsing our health news, podcasts and videos.
- **Receive** points for healthy everyday activities—such as eating fruits and veggies and walking the dog, or joining an online wellness program.
- **Redeem** points for an Amazon.com gift card.

myRegence.com

Want more value for your health care dollars? Log on to myRegence.com and discover online resources and interactive experiences focused on your health. It's easy to join and you'll earn 5,000 points with Regence Rewards just for registering.

Become an informed health care consumer.

Log on today and earn 5,000 points.

Simply use the information on your member card and follow these steps.

1. Go to myRegence.com.
2. Click *New Member Registration*.
3. Complete the required *My Member Account Information* fields. The name, member and group numbers you enter must match your member card.
4. Create a user name and secure password.
5. Click *Register and Login*.

Take a confidential General Health Assessment. Earn up to 10,000 points.

Learn how you've been managing your health to date, and get practical tips on how to improve your health and well-being.

Manage stress and get into shape. Earn 5,000 points at completion.

Reach for a healthy lifestyle with wellness programs on Weight Loss, Healthier Diet, Stress Relief, Healthy Aging, going Smoke-Free and more.

Keep your health history at your fingertips. Earn up to 6,000 points.

Create a secure, confidential record of your medical history with the Personal Health Record tool. Input your own information about allergies, immunizations, emergency contacts and more.

Get social in My Community. Earn up to 2,400 points.

Join the conversation and earn points for posting in My Community—an online health and wellness social networking site where members nationwide are talking, asking questions of our experts, following bloggers and receiving support in achieving their goals.

What are you waiting for? Register now at myRegence.com!

